



**St John's College SBR: Samuel Butler Room
Graduate Freshers' Guide 2016 – 17**

‘Intellectual over-indulgence is the most gratuitous and disgraceful form which excess can take,
nor is there any the consequences of which are more disastrous’

– Samuel Butler (*The Note-Books of Samuel Butler* Part II: Elementary Morality)

TABLE OF CONTENTS

WELCOME!.....	4
THE SBR AND SBR COMMITTEE	5
PART 1: GETTING HERE	7
1.1 GETTING TO CAMBRIDGE	7
1.2 GETTING TO ST JOHN'S.....	8
1.3 UPON ARRIVAL	8
1.4 YOUR FIRST WEEK	12
Freshers' Fortnight.....	12
College Business	12
'Buddy' Orientation Scheme.....	13
PART 2: COLLEGE LIFE	14
2.1 ACCOMMODATION.....	14
Rooms	15
Internet	15
Cooking Facilities	15
Laundry, Bedding and Bedders.....	16
Waste.....	16
Parking	16
Family Accommodation	17
2.2 COLLEGE WELFARE	17
Contact Information	18
International Students.....	18
LGBT+.....	18
2.3 FOOD AND DRINK.....	19
Buttery Dining Room.....	19
Dining in Hall.....	19
BA Table Dinner.....	20

Graduates Dine with Fellows.....	20
The Bar	21
2.4 GOWNS AND DRESS CODES.....	21
2.5 POST ('MAIL').....	21
2.6 CLUBS AND SOCIETIES	22
2.7 DEPARTMENT	22
2.8 SPORT	23
PART 3: CAMBRIDGE LIFE.....	25
3.1 MONEY	25
Banks and Insurance	25
How Much Money do I Need?	26
Financial Difficulties.....	27
3.2 GETTING AROUND.....	28
Cycling in Cambridge.....	28
Buying a Cycle	28
Cycle Theft	29
Cycling Safety and the Law	29
Driving in Britain	30
3.3 CITY GUIDE.....	30
Student Discount Cards.....	30
Opening Hours.....	30
Food & Drink	30
Chemists (Pharmacy).....	31
General	31
Bookshops	32
Bicycles	32
3.4 GOING OUT GUIDE	33
Pubs.....	33
Bars.....	34

Clubs.....	35
Restaurants.....	36
Cafes and Coffee Shops	37
PART 4: CHECKLISTS.....	39
4.1 THINGS TO BRING TO CAMBRIDGE.....	39
4.2 THINGS TO DO WHEN YOU GET HERE	40
COLLEGE CONTACTS	43
ABOUT SAMUEL BUTLER	44

Yale: a mythical beast with horns that can swivel in any direction. Two yales are found on the Great Gate of St John's, as the heraldic beasts of the College's foundress.



WELCOME!

Welcome to St John's! This is an informal guide put together by members of the 'Samuel Butler Room Committee' – the graduate committee at St John's. The collegiate system is central to Cambridge life, and St John's College has one of the liveliest graduate communities. We hope you'll take full advantage of everything St John's and the SBR has to offer.

Settling into a postgraduate course, a new city, and perhaps a new country, while getting used to the peculiarities of Cambridge and College life, can be a bit confusing. Enter this guide. The writers have three aims: **first** to tell you how to get to St John's; **second** to introduce you to graduate life here; and **third** to help you prioritise the stuff you need to do when you arrive.

This guide has been written from personal perspectives, with tips and advice gathered from many Johnians. While we have done everything we can to ensure the information is accurate, please accept our apologies for any shortcomings.

Looking forward to meeting you soon!

Best wishes,

Jonathan Shanahan, SBR President

THE SBR AND SBR COMMITTEE



The Samuel Butler Room (the **SBR**) is in **I Staircase First Court**. The room, named in honour of the Victorian polymath, is the College's Middle Combination Room or 'MCR' (Cambridge speak for 'common room for graduate students'). We have free tea, coffee and biscuits, a range of games and magazines, an HD TV and film system, a Wii, a stereo, a piano and a pool table.

In addition, graduates have access to two study rooms: one immediately opposite the SBR in I Staircase First Court (the **Fred Sanger Room**), and another in Corfield Court (**No. 1 All Saints' Passage, Room 4**). Both the Fred Sanger Room and the All Saints' Passage room have been renovated recently.

The **SBR Committee** members are your graduate representatives in College, sitting on various College committees and providing a voice for the graduates. The SBR also organise social and academic activities for the graduates throughout the year. In the first two weeks we run a bunch of social events (**Freshers' Fortnight**) and we hope you'll get involved as much as possible – it's a great chance to meet other new graduates and current students. A timetable will be ready when you arrive.

Besides Freshers' Fortnight, the SBR Committee organises major annual social events, including a Christmas dinner and Christmas party, a themed dinner in March, and an end-of-year garden party. Over the past year, we've put on walks and cycles to nearby

villages, pub quizzes, potluck dinners, brunches, film nights, games nights, barbecues, karaoke, pub trips, theatre visits and more.

We also organise 'swaps' with other colleges and universities (a group of John's graduates going for dinner at another college or a weekend trip at another university, before inviting a group of their students back to John's).

The SBR hosts 'Grad Talks' throughout the year. These short presentations over port and sherry (or sometimes food) provide an opportunity for you to present your research and hear about other graduates' work in a more relaxed setting.



The College facilities, sports teams, and other societies are, of course, open to all members – in addition to the hundreds of societies in the University. Check out the College (5th October) and University (4th and 5th October) societies fairs.

As well as a physical home in First Court, the SBR can be found in the digital realm:

facebook.com/sbrsociety

(page for event updates)

facebook.com/groups/samuelbutler

(group for community posts)

sbr.soc.srcf.net

(website)



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jks55



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Vice President
jm864



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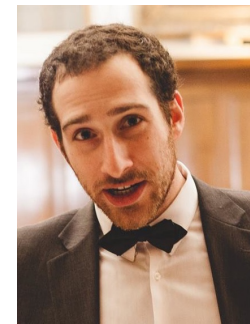
Varun Warriar
Welfare and Families
vw260



Hajira Dambha-Miller
Diversity Officer
hd322



Kasia Sokół
LGBTQ+ Rep
kps29



Adam Lerner
Sports
abl33



Quan Lau
Environmental
qdl20

PART 1: GETTING HERE

1.1 GETTING TO CAMBRIDGE

By train: London King's Cross station and London Liverpool Street station have direct services to Cambridge. These trains leave about twice an hour from each station, depending on the day and time. Services from King's Cross make fewer stops on the way and are generally faster. Advanced tickets can be booked online for discounted prices – www.nationalrail.co.uk. Trains are often labelled by their final destination, which can be confusing, so make sure you're on the right one – don't be afraid to ask, or look for the intermediate stations each train will be 'calling at' on the large screens, often with orange text.

Once you arrive at the train station in Cambridge, you can take a bus to the city centre and follow the map to St John's (see page 9). Buses 1, 3, 7 and 8 stop in the city centre. Taxis will take you direct to College for about £8.

More detailed info...

- **From Heathrow Airport:** take the Underground (Piccadilly Line) to King's Cross Station in central London, then take the train from King's Cross Rail Station (KGX) to Cambridge Station (CBG). Try to get an express train, which leaves weekdays at about quarter past and quarter to the hour (check times) and takes about 50 minutes, rather than an hour or more for this leg of the journey. The total price for the entire journey is about £27 (2 ½ hours).

- **From London Stansted Airport:** take the train to Cambridge. Price is about £10 (35 mins).
- **From London Gatwick Airport:** take the Thames-link train to King's Cross Station, then the train from King's Cross to Cambridge. On weekends, it is usually easier to take the Gatwick Express train to Victoria Station, and take the Underground to King's Cross, then the Cambridge train. Price is about £35 for either journey (3+ hours).
- **From London Luton Airport:** only coach – see below.

By coach (bus): National Express (www.nationalexpress.co.uk) goes to Cambridge from all airports. Coach is normally the easiest – although not the quickest – way to get to Cambridge. The local bus station (Parkside, Parkers Piece) where you'll disembark is located in central Cambridge (see page 9). Taxis are available if you have lots of stuff, but the walk from the coach stop to College is only 15 minutes.

N.B: For the cheapest fares, book online in advance!

- **From Heathrow:** £20 to £34 (3 hours).
- **From Gatwick:** £20 to £44 (4.5 hours). It's generally better to take the train if you're coming from Gatwick.
- **From Luton:** £15 to £22 (1.5 hours).
- **From Stansted:** £8 to £12 (1 hour). It's quicker to take the train from Stansted, as it's a direct route.

1.2 GETTING TO ST JOHN'S

If you're arriving by coach, you'll likely arrive at **Parker's Piece**. If you've taken the bus from the train station, you'll end up on **Emmanuel Street**. Both stops are labelled on the map on page 9.

From the coach stop, walk down 'Parkside/Parker Street' and then turn left onto **Emmanuel Street**. You'll know you've got there if there are lots of buses. Walk down Emmanuel Street and take a right onto **St Andrew's Street** at the end. Now all you have to do is walk straight (north-ish), bearing left at the Lloyds Bank to get onto **Sidney Street**. You'll pass a series of shops on your right hand side. Carry on for another 5-6 minutes (past loads of shops including Waterstones and Sainsbury's). Now look to the left to see St John's College Chapel. Continue through Forecourt Gate until you arrive at the **Forecourt Porters' Lodge**.

If you're taking a **taxi** and you're arriving on Friday 30th September (reception day), ask to be taken to the **St John's Cripps Porters' Lodge** on **Northampton Street**. Walk down the path and the Reception Centre is just past the car park on your right (ask the porters for the **Fisher Building**).



Forecourt Gate
(with view of Chapel)



Main Gate
(St John's Street)

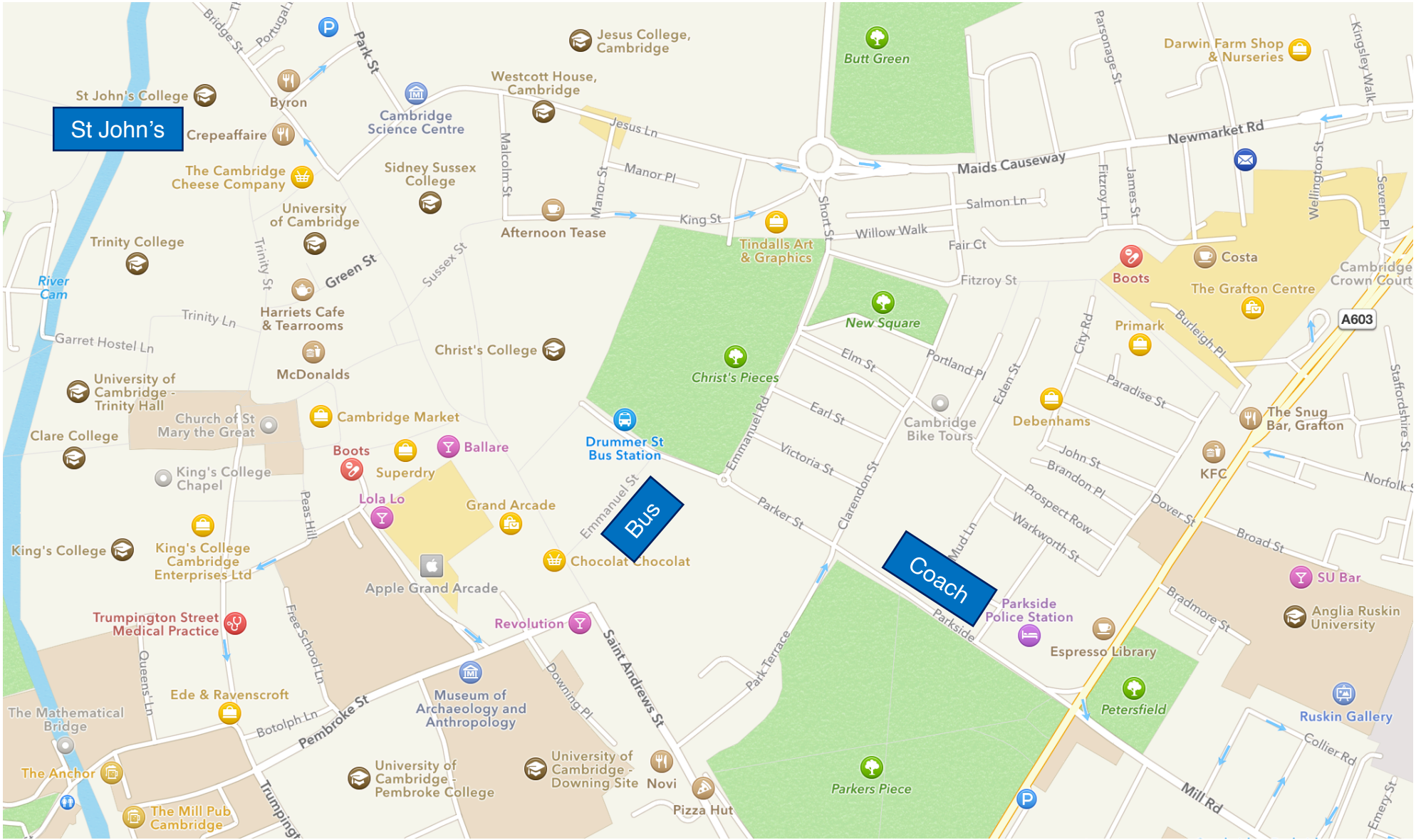
1.3 UPON ARRIVAL

Graduate students are welcome to come into residence from, but not earlier than, **Saturday 24th September** (unless permission has been granted by the Tutor for Graduate Affairs).

If you arrive between 8 AM and 4 PM on the official reception day – **Friday 30th September** – you will be directed to the reception desk in the **Fisher Building** (see pages 10-11) where you will pick up your keys and sign important forms.

If you arrive before/after the official reception day you should go to the **Forecourt Porters' Lodge** (open 24/7) and pick up your keys. You should then go to **Student Services** (F Staircase, Chapel Court – on the ground floor, on the left as you enter the wooden doors). If Student Services are closed when you arrive (open Monday – Friday 8:30 AM – 6 PM, and 1st and 2nd October 10 AM – 4 PM) you should go on the next available working day.





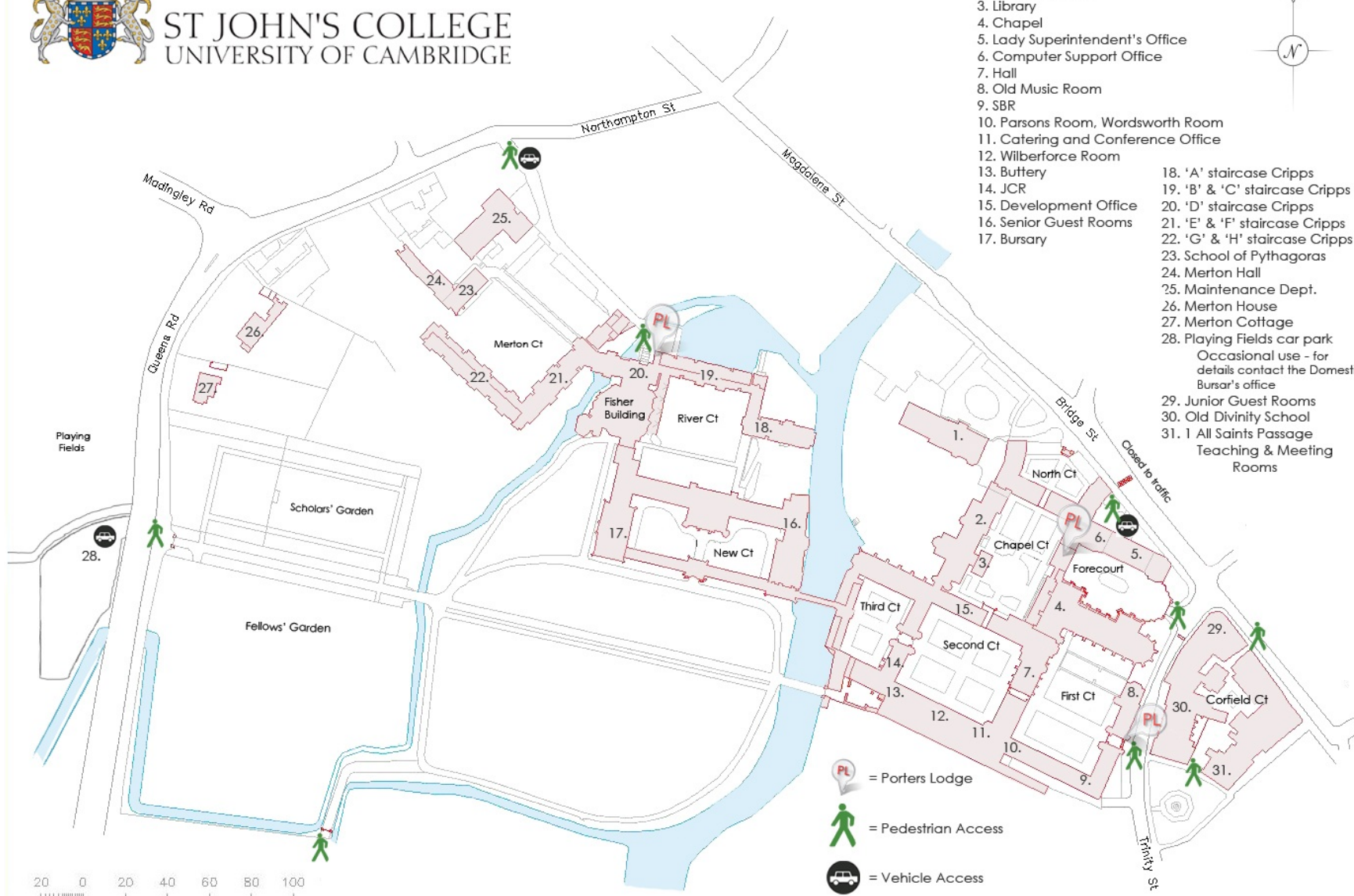


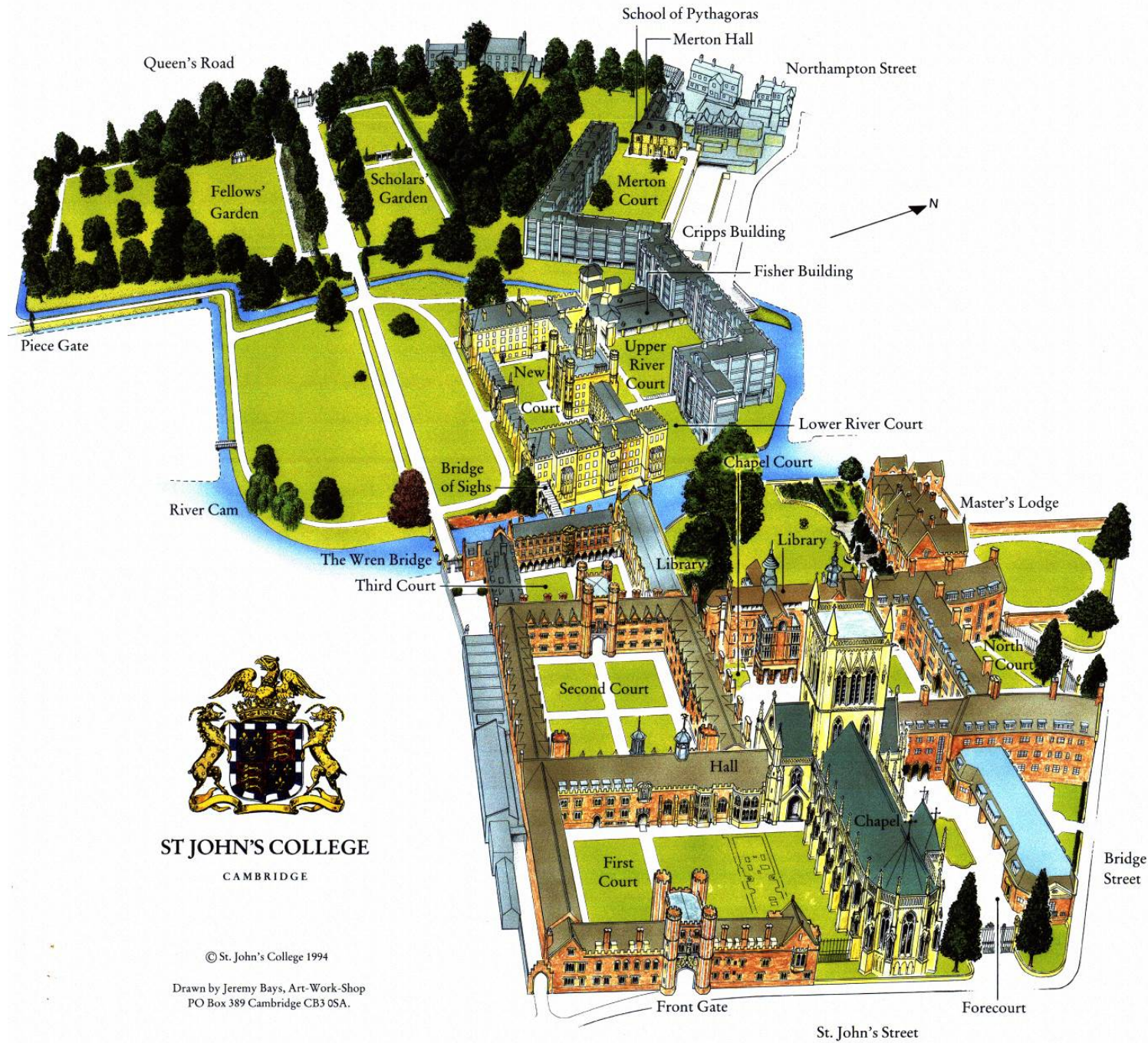
ST JOHN'S COLLEGE

UNIVERSITY OF CAMBRIDGE

Main Site:

1. Master's Lodge
2. College Office
3. Library
4. Chapel
5. Lady Superintendent's Office
6. Computer Support Office
7. Hall
8. Old Music Room
9. SBR
10. Parsons Room, Wordsworth Room
11. Catering and Conference Office
12. Wilberforce Room
13. Buttery
14. JCR
15. Development Office
16. Senior Guest Rooms
17. Bursary
18. 'A' staircase Cripps
19. 'B' & 'C' staircase Cripps
20. 'D' staircase Cripps
21. 'E' & 'F' staircase Cripps
22. 'G' & 'H' staircase Cripps
23. School of Pythagoras
24. Merton Hall
25. Maintenance Dept.
26. Merton House
27. Merton Cottage
28. Playing Fields car park
Occasional use - for details contact the Domestic Bursar's office
29. Junior Guest Rooms
30. Old Divinity School
31. 1 All Saints Passage
Teaching & Meeting Rooms





ST JOHN'S COLLEGE
CAMBRIDGE

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Drawn by Jeremy Bays, Art-Work-Shop
PO Box 389 Cambridge CB3 0SA.

1.4 YOUR FIRST WEEK

Once you've found your room and deposited your things, one of the first things you should do is find your pigeonhole (in the Porters' Lodge next to the Great Gate on St John's Street), where there will be more information from us about the first few weeks (*see the end of this guide for a 'List of Things to Do when You Get Here'*). Expect to be inundated with letters, adverts, fliers, booklets, leaflets and brochures. Included will be the SBR's timetable of orientation and social events for the first two weeks of term. It's good to get into the habit of checking your pigeonhole regularly, as you'll often find important pieces of College information as well as more exciting stuff (invitations to events).

Your first week or so at St John's will likely be a manic whirl of activity, strange faces, and paperwork. If you need any help or advice, don't hesitate to contact the **SBR Committee** or your **orientation 'buddy'**. And be sure to join in with the **Freshers' Fortnight** programme of events: it is meant to entertain and, above all, provide opportunities to meet new and later-year Johnian graduates from a huge range of backgrounds, nationalities, and research areas.

Freshers' Fortnight

In addition to the events put on by the SBR throughout the year, we have a special programme of activities for Freshers' Fortnight, including wine receptions, grad talks and pizza, walks, punting trips, a special Dinner for New Graduates put on by the College (*reply to your invitation!*), pub hops and more! These events will be for all members of the SBR – and very often for their partners – so

do come along and meet everyone. We hope that nobody feels like a fresher for too long. There will also be some official College events for freshers, to which you will be invited or for which your attendance is obligatory, such as the graduate induction day, matriculation photograph, and so on. In the following section we list a few of the things that will probably crop up in the first few weeks.

College Business

The College hosts a graduate induction morning (Sunday 2nd October from 11 AM in the Main Lecture Theatre in the Divinity School – see the maps on pages 10-11), which you are *required to attend*. Here, you will receive a tonne of important information and get to meet the Master, College Tutors, the SBR Committee, the Chaplain, and the Graduate Liaison Officer (the 'Borderer'). Don't worry, though, you'll come out of the induction morning well fed, as new graduates are invited to a buffet lunch immediately after. Your partners are welcome to join you for the lunch!

You will need to make appointments in the first week or so with various people in College. Your **tutor** is a Fellow of the College who is responsible for your welfare in College. If ever you encounter financial hardship, require an extension, need to resolve an issue with your research supervisor, or simply need a confidential and sympathetic ear, your tutor is there to help. Often, their signature is required for any special requests you make of the College. Most tutors like to meet new students in the first week, and will send you details of when they are available. Many tutors organise a small party for their new graduate students.

You will also see the **College Nurse** in the first week. She is available all term to provide confidential help with medical and other problems. You can find her at the **Health Centre, B2 North Court**. There she will also arrange for you to be registered with a local doctor. If you are a British student, try to bring your NHS number with you. Appointments should be made via telephone, email or ask in Student Services.

The College Chapel is a place of Christian prayer and worship and has a world-class choral tradition. Services are held at least once a day (the Chapel termcard, in your pigeonhole, has details) and everyone is always welcome. The Chapel is open throughout the day as well. Communion is held twice on Sundays at 8:30 AM (student-led) and 10:30 AM (sung by the choir), with half-price breakfast at High Table in Hall around 9 AM. Students of many faiths usually come to the Matriculation and Graduation Services as they are part of the College experience and often like to bring guests to services, even just to listen to the excellent choir – you can join in as little or as much of a service as you feel appropriate. The Chapel and the **Chaplain**, Carol Barrett Ford, are there for you – the real you. The Chaplain's role is essentially caring about people, whether you have a faith or not, and to listen and offer sensible advice if needed. The Chaplain is there to help look after your emotional, mental and spiritual well-being. She would like to meet all new students and will provide further details at the Graduate Orientation on 2nd October.

When you stop by the **Reception Centre** upon your arrival, you will not only be given your hostel keys (if you're living in College accommodation), but also your University ID card, which you'll need to: open some doors in College; buy food in the Buttery (the

cafeteria) and the bar; and perhaps pay bills or pick up a grant cheque.

'Buddy' Orientation Scheme

The 'buddy' scheme offers you some informal support and contact with a continuing grad at John's as you get used to Cambridge life and study. You'll meet your buddy in the first week. They'll be a friendly face for your first few weeks here, and have agreed to answer your informal questions about research, the city, and College life. The scheme is casual and your own to structure, but we imagine you'll

- meet your buddy during Freshers' Fortnight (e.g. at the opening night wine reception on Friday 30th September)
- ask your buddy any queries during term
- see your buddy again towards the end of term (perhaps over coffee in the bar or at the SBR Christmas party).





PART 2: COLLEGE LIFE

Official College Information can be found in the Student Handbook, previously known as the 'Orange Book' (after the colour of the cover when it was a physical book), available on the College website at: <http://www.joh.cam.ac.uk/student-handbook>.

2.1 ACCOMMODATION

If you have been allocated accommodation by the College, it will be in Corfield Court (directly opposite the Great Gate), or in one of the fifteen or so hostels dotted about the residential streets of Cambridge. Most hostels are within 10 minutes' walk from College. You will be sent details of your accommodation and rent. Your rent includes a **block insurance policy**, details of which you will be given with your room contract. Most hostels house between 6 and 15 graduate students. There is a mixture of accommodation, broadly divided into two sections: small terraced houses in the Park Parade/St John's Road area, which are slightly cheaper and more conveniently located, but older and with fewer facilities; and the large, more luxurious houses in the leafy Madingley Road area, which are newer, more spacious, and have better facilities, but are a 10 minute walk from the town centre. Corfield Court consists of about 40 rooms arranged in traditional Cambridge 'staircases'. It is located immediately adjacent to the College, right in the town centre. Brief hostel descriptions and rent figures can be found here: www.joh.cam.ac.uk/graduate-hostel-descriptions

Ask any of the SBR Committee members if you have any general questions about accommodation. Specific questions can be

addressed to the College Accommodation and Bookings Manager, Gemma Leavens, (accommodation@joh.cam.ac.uk).

Rooms

All the furniture you'll need is provided: bed, bedside table, a desk and chair, wardrobe, shelves, cupboards, coffee tables, and if you're very lucky some comfortable chairs or sofas. It is sometimes possible to ask College for extra furniture (e.g., more shelves or a new mattress). If you bring any electrical appliances, make sure they are suitable for the supply in Britain (230V 50Hz single-phase with 3-pin plugs). Some electronic devices are restricted or otherwise must first be safety-checked and cleared for use. Details can be found in the Student Handbook (<http://www.joh.cam.ac.uk/student-handbook>). In the winter, a lot of the rooms will get quite cold, especially at night! Students are not allowed to buy personal heaters. If your heating does not work satisfactorily, contact the Maintenance Department. They will either fix the issue or provide you with an energy-efficient heater until it is fixed.

If you plan on bringing/buying a TV, or streaming live TV or any BBC programming on your laptop, you're unfortunately obliged to acquire a UK TV licence (<http://www.tvlicensing.co.uk> or at the local Post Office), which costs around £150 per year. Annoyingly, licenses must be paid separately for College bedrooms and communal rooms.

Internet

WiFi is available on the College site via Eduroam. Graduate rooms have wired Internet connections, which provide high-speed Internet access. You are allowed to connect your own router or wireless access point to the College network. If you are thinking of buying a wireless router for your room, the following devices are suggested by College:

TP Link TL-WA901ND

TP Link TL-WR841N

TP Link TL-WR702N

Most rooms are connected to the College's own network, and the first time you connect you will need to enter a username and password (in your welcome pack). If you lose this information, you can go to the Computer Support helpdesk (open for all queries 10 AM – 4:30 PM Monday – Friday during full term – found in the passage between forecourt car park and Bridge Street). Or email computer-support@joh.cam.ac.uk.

Cooking Facilities

The kitchens in the hostels are communal. Most kitchens are fairly small but adequate for most purposes (as long as the entire house isn't trying to cook simultaneously). There are individual cupboards in all the kitchens, and a reasonable amount of fridge and freezer space. The College does not provide cooking equipment or utensils, although most hostels have a selection of pots, pans, crockery and cutlery left behind by former residents. Most kitchens also have microwaves, kettles, toasters and the like, although again – these belong to current or former occupants of the house

and are not provided by the College. Similarly, if you are accustomed to using plenty of cooking equipment, you might want to bring some. The SBR has a small collection of household items that have been left over by previous students. These will be available at the Reception Centre for you to take on a first come first serve basis. If you are on a budget and in need of things for your room and house, be sure to check it out!

Please be considerate when cooking in the kitchens and make life easier for everyone sharing with you. Dirty dishes left in the sink make for unhappy hostel-mates and will not be cleaned by the bedders (see below for a description of their duties).

Note that the Buttery Dining Room is subsidised to encourage students to eat communally (see the Food & Drink section), therefore you never have to cook if you don't want to.

Laundry, Bedding and Bedders

Most hostels have a laundry room with free washing machines, dryers and an ironing board. You will need to bring/buy your own bed linen: sheets, pillowcases and duvet covers (Marks & Spencer or John Lewis are quick options for this. A cheaper selection can usually be found at Argos, TKMaxx, or Primark). The College provides pillows and duvets, though the duvet is thin, so you might want to buy bring your own or add a blanket. The pillows are reasonable, but many people choose to buy or bring those too. Towels are not provided.

Hostel living rooms, kitchens, and bathrooms are cleaned on a daily basis by College cleaners (known as '**bedders**'). Bedders don't do dishes and are not provided for couples housing.

Waste

The college has set a target of 75% correct waste separation for the next academic year which will require everyone to make an effort to recycle. College provides a recycling and waste bin in each staircase of Corfield and for each hostel.

If you live in Corfield, the cleaners will only empty the communal recycling bin. The communal landfill will be your responsibility to arrange with others in your corridor. This is aimed to encourage recycling and if separated correctly, the amount of landfill waste should be quite small.

Similarly, there are recycling bins located around College, including the Library and the Buttery. If using these facilities, please ensure you put the correct items in the right bin.

Parking

The larger College hostels have space for car parking, but you'll need to register with the College and are not guaranteed a spot near your hostel. Email the Domestic Bursar's office (dbursar@joh.cam.ac.uk) to register for a parking permit.

Most graduates end up with a bicycle, as Cambridge is flat, and cars are largely banned from the city centre (see Getting Around for further information on cycling in Cambridge). An increasing

number of hostels have covered cycle sheds, but always make sure you lock it up securely from the start!

Family Accommodation

If you're moving into a furnished let, there are some things that will likely be different. First of all, you might not be on the College network for **Internet**. Even if you have or plan to get a mobile, you may need to arrange a landline for the sake of your Internet connection.

If your partner, or any other adult formally living with you, is not a student, you will need to pay partial **council tax** (<http://www.cambridgeshire.gov.uk/council/finance/tax/>). In order to get your student reduction (100% if every adult in the house is a student, 25% if not), you will need to send the City Council a letter from the College proving your student status.

Note that duvets are not usually provided (as they are for rooms in the hostels). Kitchen supplies/cooking utensils will depend on what has been left behind by previous residents. Non-students, including domestic partners sharing College accommodation, are not insured under the College's standard insurance plan.

2.2 COLLEGE WELFARE

Starting a new part of your life can be exciting, but it can also be stressful and intimidating. There are people to talk to, and often finding the right person to talk to can make life much, much easier.

Your **Tutor** is available for non-academic matters, including financial support, personal difficulties, problems with your supervisor, etc. The **College Nurse** (Rachel Iftikhar – B Staircase North Court) and part-time **College Counsellor** (Susie Renshaw), are trained and confidential counsellors. The **Chaplain** (Carol Barrett Ford – C Staircase Second Court) is there to help look after your emotional, mental and spiritual well-being. **Student Services** (F Staircase Chapel Court) can help with College issues, such as bills, College access cards, etc. You can contact the Graduate Administrator in the Graduate Office (F6 Chapel Court) about any graduate specific enquiries.

For more informal queries, your **College buddy** will share personal experiences of College and University life. They'll meet up with you at least twice during the first term, and be a friendly face as you get used to Cambridge postgraduate life. The **SBR Committee** is always open to questions, especially **welfare officers** Hannah Sheahan and Varun Warriar.

Outside of College, the **University Counselling Service** has a team of trained and accredited counsellors, therapists, and mental health advisors. You can drop by, call, or e-mail for an appointment (usually available within a few weeks; sooner if urgent). **Linkline** (01223 744444) is a student-run listening support and information service, available from 7 PM to 7 AM during term.

The **Tutor for Graduate Affairs** (Dr Sue Colwell, smc1@cam.ac.uk) is the first point of contact regarding issues facing the graduate population as a whole. She is also available if there are problems you feel unable to talk to your tutor about.

Sexual health supplies such as condoms (latex-free also available), pregnancy tests and dental dams can be obtained for free from your Welfare officers – drop either one an email, or contact anonymously (methods will be made available periodically during the year and on sbr.soc.srcf.net/internal/).

Contact Information

The College Nurse: B2 North Court, 01223 338664

The College Counsellor: D2 Cripps, 01223 767777 – speak to the Nurse or your Tutor to make appointments

Chaplain: Carol Barrett Ford, C4 Second Court, 01223 338617

University Counselling Service: 2-3 Bene't Place, Lensfield Road, 01223 332865, counsellingreception@admin.cam.ac.uk, <http://www.counselling.cam.ac.uk/>

Linkline: 17 St Edwards Passage, 01223 744444, email@linkline.org.uk, <http://www.linkline.org.uk/>

University Parents: <http://www.childcare.admin.cam.ac.uk/parents>

SBR Welfare Officers: Varun Warriar (vw260@cam.ac.uk), Hannah Sheahan (hws40@cam.ac.uk)

International Students

The Board of Graduate Studies has a handy A-Z Guide for International Students full of practical information. You can download it from:

<http://www.internationalstudents.cam.ac.uk/arriving/pre-arrival-information>.

The Cambridge University Student's Union also offers an introductory guide specifically tailored to international students and a special 'International Freshers' week. You can find more information at: <http://www.international.cusu.cam.ac.uk/>.

LGBT+

Cambridge is liberal and accepting, and we want everyone to feel welcome, however you feel about your sexuality. In the summer of 2013, Cambridge topped Stonewall's guide to gay-friendly universities and there is a strong LGBT+ presence at College and University level.

Kasia is the SBR LGBT+ representative and will be organising various LGBT+ related events this year. Kasia is your contact if you're seeking information and/or support, and will do her absolute best to advise you or direct you towards someone who can help. The JCR LGBT+ representative, Tom Ashford (tsa30@cam.ac.uk), can be contacted in relation to access to the private St John's

LGBT+ Facebook group for undergraduate event updates and contacting other LGBT+ people in College.

Outside St John's is the inter-College organisation, CUSU LGBT+. They are autonomous, independent and very dedicated to representing and supporting all LGBT+ students in Cambridge. They organise nights out and graduate socials, as well as advertising talks, seminars, film viewings and exhibitions. In previous years they have run parenting schemes, which establish contacts for freshers and other students who haven't been in touch with the Cambridge LGBT+ community – be it for advice, emotional support or just for a fun night out. CUSU LGBT+ also publishes a termly magazine and run awareness campaigns & projects. Their dedicated graduate officer this year is Emily Black; (lgbt-grad@cusu.cam.ac.uk).

2.3 FOOD AND DRINK

There are two options for eating in College, both of which are subsidised.

Buttery Dining Room

The **Buttery Dining Room** (normally just called the 'Buttery') in K Staircase Second Court, is an informal cafeteria open for three meals a day (except for Sunday breakfast). The atmosphere is casual and friendly, and the quality and value are good: approx. £2.50 for a cooked breakfast and £4 for a full cooked lunch or dinner. Along with hot meals, you will also find separate counters for cold meats, desserts, patisserie items, dairy items, drinks,

salad, baked potatoes and sandwiches. Menus for hot meals, including vegetarian and oily fish options, are posted weekly during term in the SBR and the Buttery, and are also available on the College website. You pay for this à la carte fare with your University card, which contains pay-as-you-go credit. You top up this card using the UPay website (www.upaychilli.co.uk – info in your freshers pack). Cards for new students are automatically topped-up with £100 so you're good to go from day one.

Opening hours:

Breakfast	8 AM – 10 AM (not on Sunday)
Lunch	12 PM – 1:45 PM (1:30 PM weekends)
Dinner	6 PM – 7:30 PM

Dining in Hall

During term, **three-course dinners with optional wine** are served in the College's beautiful Great Hall every evening except Saturday. Tickets must be purchased in advance – before 2 PM on the day before the dinner – and currently cost around £10 including wine and £6 without wine. Apart from requiring your gown, there is no dress code, although most people go fairly formally (dress or lounge suit). Dinner begins at 7:30 PM sharp (you won't be admitted if you're late!) and is usually over by 9 PM at the latest. Dinner begins at 7:45 PM on Sundays.

Those who purchase wine tickets are served three glasses of wine, either red or white for each glass, and the available wine is usually excellent. For those who don't wish to have wine, non-wine tickets are available. The only beverage option for the non-wine ticket is water. But if you wish to purchase a wine ticket and inform the staff

at the dinner, they will supply you with a non-alcoholic drink instead.

Tickets can be purchased with your University card at the ticket machine in the bar or online at www.upaychilli.co.uk. You'll need to bring your card with you on the night for Catering to check your tickets. Details on UPay can be found in your information packs given on arrival. Vegetarian, vegan, kosher, halaal, dairy-free, nut-free, and gluten-free meals are all available, and are booked in the same way as the default meal. Other dietary requirements can also often be accommodated if arranged with Catering.



Taking family and friends to dinner in Hall is a popular way of entertaining: you may book up to three tickets in the normal way. It is possible to take up to four guests with permission from the Dean of Discipline, by filling in a form (download from your student page on the website) a few days in advance; permission is normally granted.

BA Table Dinner

One of the major aspects of graduate life at St John's is **BA Table**. This is when a whole table in the Great Hall is set aside for graduate students. This takes place every Tuesday and Friday during term. Make sure you purchase your BA Table ticket online in advance, since it often sells out (Fridays are always packed and are great fun). Drinks are offered in the SBR before and after Hall, with cheese in the SBR after dinner when we have visiting swaps. Tickets for BA Table are available only to graduate students, and can be purchased in the same manner as regular Hall tickets. BA Table also is available most Tuesdays and Fridays out of term, this is held in the Parsons Room which accommodates 16 people.

Graduates Dine with Fellows

Twice a term, graduates can book tickets (online or via the machines) to dine at High Table with the College fellows. This is a great chance to meet College academics and to see the Senior Combination Room, where drinks are served before and after dinner. If you manage to get a ticket (it sells out very quickly!) then enter B Staircase, Second Court from 7 PM, where you'll be directed upstairs for the pre-dinner reception.

The Bar

The Bar is another centre of social life for the whole College. On weekdays the bar opens 12:30 PM – 11 PM (closed 2:30 – 6 PM on Monday and Tuesday). On weekends, the bar opens 12:30 PM – 11 PM (10:30 PM on Sundays). Found next to the Buttery in Second Court, the bar serves an incredible range of alcoholic and non-alcoholic drinks, snacks and pub food. Like in the Buttery, pay using your University card (top-up online at www.upaychilli.co.uk).

2.4 GOWNS AND DRESS CODES

Gowns are worn for dinner in the Great Hall and special College events (you'll need a gown for the matriculation photo on Sunday 2nd!) Here's the 101 on the gown you'll need.

Anyone who **holds a degree from Cambridge** should wear the gown of the highest degree held. If that is the BA, you should wear the BA gown. If that's a Cambridge master's degree (MPhil etc), you should wear the gown of that degree.

Anyone who **does not hold a Cambridge degree** should wear gowns as follows. If you are **23 years old or younger**, wear a BA gown. If you are **24 years old or older**, wear an MA gown. **Affiliated Students** (students with an undergraduate degree from another university who are reading for the BA in Cambridge), wear the undergraduate gown of St John's College.

Gowns can be hired or bought from the Graduate Union (cheapest option: www.gradunion.cam.ac.uk/facilities/gown-shop), or from a

number of shops in and around Cambridge (e.g., Ryders and Amies, Ede & Ravenscroft, A.E. Clothier).

College events generally have associated dress codes of some description. You'll quickly get to know what is required and/or permissible. Some of the common dress codes with loose examples include:

Casual: informal, normal, every-day clothes

Smart Casual: open shirt, slacks; blazer; dress; skirt and top; etc.

Lounge Suit: suit, shirt and tie; cocktail dress; skirt and dressy top; etc.

Black Tie: dinner jacket, trousers and bow tie (tux); formal gown/dress; dressy cocktail dress

2.5 POST ('MAIL')

While at St John's, post can reach you at:

<Your name>

St John's College

Cambridge

CB2 1TP

Post and parcels will be placed in your pigeonhole. You can use your hostel address as well, but the advantage of having things delivered to the College is that the porters will be there to receive them. If a large parcel is delivered to your house and nobody is there, it is taken back to the main post office, around 30 minutes away, and you will have to retrieve it yourself. The other advantage of having your post delivered to College is that it will (if you ask the

porters) be forwarded to other addresses if you go on holiday, and if you move hostels at some point you won't need to change your correspondence address.



2.6 CLUBS AND SOCIETIES

Most students end up being involved in College and University societies, and it's certainly worth attending the University societies fair (Tuesday 4th & Wednesday 5th October in Kelsey Kerridge Sports Hall, Queen Anne Terrace and on Parker's Piece) and the College societies fair (Wednesday 5th October from 4 – 6 PM in the Fisher Building). It may be difficult to find the time to go to these in Freshers' Week, but they are the best way to get involved in some of the hundreds of societies, for pastimes as diverse as korfbal, Tolkien, gliding, tiddlywinks and real ale. And there are plenty of more mainstream clubs too. www.societies.cam.ac.uk has a full listing of societies.

University societies usually comprise students from a number of Colleges. College societies tend to take their membership from their own College, though some, especially music or drama societies, are more wide reaching. Sports teams tend to be run at

the College level (except for the very best) and whatever your standard there should be something suitable on offer!

At the societies fair, you will probably be asked to put your name down on a contact list for anything you're interested in. The clubs will then tell you when their 'squash' is. A squash, other than being a racquet game, a fruit drink, and a type of gourd, is a free reception to convince prospective members to join. Don't worry about paying to join early – go to the squash, eat and drink as much as you can, and then decide. You may find that although you'd really like to be involved with a dozen different societies, you only have time for two or three. Having said this, some societies require a serious commitment early on (for example, higher-level sports teams and choirs) – you may need to arrange try-outs or auditions in the first week of term. It can get very busy!

2.7 DEPARTMENT

Eventually, you'll have to face the reality that you're here to do some work between social events, and a visit to your department will have to be made. You'll need to meet your supervisor, find your office, department library, get a computer account, etc. Some students need to attend safety courses or other workshops soon after arriving in Cambridge; information will be sent to you if this applies.

If all this sounds a bit daunting, that's okay. One of the effects of the College system is an increase in the level of bureaucracy. It's not at all unusual to find yourself spending the first few weeks running around between College, department and University trying to sort things out.

2.8 SPORT

There are many sports clubs within the University and College. A complete list of university sports clubs and societies can be found at <http://www.cusu.co.uk/groups> and selecting the 'sports' category. University-level sports teams will represent themselves at the Freshers' Fair in Kelsey Kerridge and on Parker's Piece (4th and 5th October), while College sports clubs will make an appearance at the College Freshers' Fair in the Fisher Building (5th October). If you're interested in sport, make sure you attend these fairs and sign up for their mailing lists – that's the best way to get started (although there will be opportunities to join clubs later, if you can't make the fair). There are also sports clubs within the city of Cambridge.

Within College, there are facilities for almost every major sport except swimming. Not all of them are easy to locate though! There are two squash courts (also housing a croquet set) near the School of Pythagoras; a snooker table in the basement of Cripps; a badminton court in the Fisher building; and volleyball, football and cricket grounds along with multipurpose courts (tennis/netball/basketball) on the playing fields – all of which can be booked through the Cripps Porters' Lodge. There is also a fitness centre in New Court and a free weights area underneath the Cripps building, but these require an induction before they can be used (induction sessions will be held during Freshers' Fortnight or contact the SBR Sports Officer during the year to organise this).

If you're looking to play competitive sport at College level, you can either join (there will be trials) a College team – which may be a mix of undergraduate and graduate students – or sign up for a grads-

only team. While there are College teams for virtually every sport, teams exclusively for graduate students are limited to football and cricket. Each year, the SBR enters a football team into the MCR league within the University. Matches are usually played on Saturdays, with occasional training – normally taking the form of a kick-around on the College fields. In Easter (Summer) term, the SBR also enters a cricket team in the MCR league. Sport funding for grad teams is available for the necessary replacement of sports items such as balls, clubs and other small expenses, and can be requested by application. Contact the SBR Sports Officer for more details. Besides the chance to play for a College team or a College grad-team, there will be tournaments and fun sporting activities organized by the SBR throughout the year. These events are meant to be more casual.

For many, rowing is a very important aspect of life in College and Cambridge, and so it deserves a special mention. The Lady Margaret Boat Club (LMBC) is always keen to invite newcomers to the sport. This is usually done by 'novicing' in **Michaelmas** (Winter) term, then moving up to the senior crews for **Lent** (Spring) and **Easter** (Summer). Additionally, when there is enough demand, LMBC will enter a Graduate VIII into May Bumps, which is the highlight of the College rowing calendar, in Easter Term. LMBC has a website at <http://www.ladymargaretboatclub.org/>.

Punting (pushing a flat-bottomed boat with a pole) just about counts as sport too! The College punts are available from the beginning of Easter Term until the end of October, from the Cripps Porters' Lodge (£5/hour, in cash upon return). The Punt Society is always looking for volunteers to help take care of the punts, in return for which all your punting is free and you will be invited to

PuntSoc events. Further information is available from the PuntSoc website: <http://www.joh.cam.ac.uk/punt-society>

For College sports (check website for latest information): <http://www.joh.cam.ac.uk/sport-st-johns>

Rugby	George Bilclough	gfb24@cam.ac.uk
Men's Football	Martin Letriliart	ml697@cam.ac.uk
Women's Football	Hannah Sheahan	hrs40@cam.ac.uk
Grad Football	Rodrigo García-Velasco	rig25@cam.ac.uk
Men's Hockey	Adam van Schaik	av414@cam.ac.uk
Women's Hockey	Catherine Braithwaite	ceb207@cam.ac.uk
Men's Squash	Alek Sinha	as2384@cam.ac.uk
Women's Squash	Charlotte Britton	cb787@cam.ac.uk
Men's Basketball	Paul Berkovich	pb593@cam.ac.uk
Women's Basketball	Christina Kouride	ck442@cam.ac.uk
Athletics	Daisy Irving-Hyman	dei23@cam.ac.uk
Netball	Fay Davies	fd306@cam.ac.uk
Mixed Netball	Milo Gordon Brown	mg691@cam.ac.uk
Mixed Lacrosse	Connie Parker	cmap3@cam.ac.uk
Tennis	George Baxter	gb473@cam.ac.uk
Ultimate	David Bossanyi	dgb34@cam.ac.uk
Mixed Volleyball	Edmond Cheng	esc43@cam.ac.uk
Cricket	George Hallas	gh400@cam.ac.uk
Badminton	Adam Parkes	atp37@cam.ac.uk
Mountaineering	Jean Maillard	jm864@cam.ac.uk
Rowing: Lady Margaret Boat Club (LMBC)		
<i>Honorary Secretary</i>	Hatem Sadik	has46@cam.ac.uk
<i>Men's Captains</i>	Paul Myatt	ptcm2@cam.ac.uk
	James Alvey	jbga2@cam.ac.uk
<i>Women's Captain</i>	Rachel von Maydell	rmv26@cam.ac.uk





PART 3: CAMBRIDGE LIFE

3.1 MONEY

Banks and Insurance

When you arrive in Cambridge, you will probably want to set up an account with a bank here. There are several different banks near the College, many boasting special offers for student accounts and extended opening hours in the first week of term. If you plan to keep an old account, you may want to change the address under which it is registered as delivery of items ordered by phone or Internet is typically made only to the account address. Those coming from overseas may find British banks surprisingly fastidious and slow; arranging access to your money may take some time.

Opening a bank account typically requires a passport, an official letter from the University confirming your student status, and College confirmation that you are in residence. The Student Services department is well aware of this fact, and can usually provide you with a letter tailored to the bank of your choice in a day or two. Ask either in person or fill out the form on the College website. This is a great excuse to introduce yourself to the Student Services team, who tend to be enormously useful throughout the year!

Many grants and scholarships can be paid directly into a British account by arrangement. However, your first cheque may not arrive for some time (especially if you do not yet have a British bank account!), so you will need to bring or arrange access to enough

money to survive. Cash machines/ATMs are dotted throughout the City Centre (the closest is an RBS branch on Trinity Street, about a minute's walk from the main gate), and can usually be used to draw money from foreign accounts (although this can incur fees). Again, if you are coming from abroad, it is strongly advised that you make a reliable plan to have funds available during the first few weeks. NB. Your UPay account will have £100 credit loaded on automatically, so you can eat in the Buttery without worrying during your first week or so.

Another issue primarily affecting non-EU students is the difficulty in obtaining a UK credit card – it may take as long as 12 months residence before you can be issued a card from some banks. Depending on your circumstances, this might be something you may want to look into before you arrive, as it may be possible to make arrangements at home that will benefit you when you arrive.

From 1 October all students living in College accommodation, including graduate hostels and furnished lets, are covered under a **Block Possessions Insurance Policy from Endsleigh**. The annual cost is around £5, automatically charged to your College Bill. On the whole, the coverage is quite extensive, but explicitly excludes pedal cycles and accessories. If you desire coverage for your cycle, you will need to make separate arrangements. Further, non-students, including domestic partners sharing College accommodation, cannot be insured under the plan: the policy is only available to students of the College residing in College-owned accommodation.

If you plan to live in private accommodation, the cost of individual insurance is typically between £30 and £100 per year, depending on the type of cover and value of insured items. For those with

parental homes in Britain, the cheapest way to cover personal belongings is often to extend their home contents insurance policy. Although Cambridge is in general a safe city, security in College hostels is nevertheless important. A bit of common-sense should therefore be enough to safeguard your possessions, including: always locking your room and hostel doors and shutting the windows; telling your neighbours if you are going away; making sure you know how to cancel stolen bankcards and chequebooks; never trying to tackle a burglar yourself (call the police on 999 or 1-999 from a landline in your hostel); and always locking your bike securely.

How Much Money do I Need?

The first few weeks here tend to be quite expensive, with a number of one-off purchases in addition to regular expenses. The prices given below are intended as a rough guide.

Membership fees for University clubs and societies generally range from free to £20, although attractive discounts are often available during Freshers' Fortnight. At the extreme end of the scale, joining the Cambridge Union Society (the historic University debating society) costs around £110 for an annual membership or £185 for a life membership. Additionally, you will probably want to buy things for your room – posters, crockery, plants, a kettle, an iron, a phone, etc. If you're not used to British weather, you may need to buy warm clothes or rain gear (see checklist at the end of this guide). You will also want to stock up on basic food and cooking supplies, laundry detergent, toiletries and so on.

You may need stationery and textbooks for your course within a short time, although you may be able to open an account with the bookshop (make sure you keep all receipts to claim against your Learning and Research Grant, described below). Depending on the location of your department and your other activities, you may need a bike at some stage, although it is perfectly possible to survive without. For more information on cycling and related costs, see the section in this guide.

You could also try online classifieds such as Gumtree. It's often possible to pick up a wide range of bargains from departing students. More information can be found at:

<http://www.gumtree.com/>.

Depending on what country you are coming from, the cost of living may be quite different from what you are used to. Here's a rough idea of the pricing in Cambridge shops:

Pint of beer	£4.00
Cinema ticket	£9.00
Small kettle	£12.00
Sandwich & cake in town	£6.50
3-course meal out	£25.00
3 course meal in Hall	£10.00
Meal in College Buttery	£4.00
1 pint of milk	£0.50
Tube of toothpaste	£2.00
Loaf of bread	£1.20
Paperback fiction	£8.50
Box of cereal (400g)	£2.50

Financial Difficulties

Students are urged to take full advantage of College research and travel grants, full details of which can be found on the College website. **All graduate students are automatically entitled to £500 per annum from the Learning and Research Fund.** This fund pays for half the cost of approved books, periodicals, software, hardware, or equipment, and the full costs of course or research-related activities such as conferences, workshops, summer schools, summer research programmes, and language courses. The form for reimbursement is on the student page of the College website.

In cases of severe financial difficulties, you are strongly advised to see your tutor at the earliest available opportunity. Discretionary funds are available for such cases, applications for which are considered on an individual basis. If for any reason you should find it undesirable to broach the matter with your tutor, you should contact the Tutor for Graduate Affairs (Dr Sue Colwell). Tutors are very approachable and experienced in dealing with all kinds of problems. Don't be shy about money problems. It is not unusual for postgraduate students to encounter financial difficulties, despite having fulfilled the financial requirements for entry to the University.

You are advised to take the time to examine the range of awards/funds that are available to graduate students. Some of these include:

- Hardship Awards to Graduates:
<http://www.cambridgestudents.cam.ac.uk/fees-and->

[funding/financial-hardship-support-access-funds/hardship-funding](https://www.cambridge.ac.uk/funding/financial-hardship-support-access-funds/hardship-funding)

- Cambridge European Trust:
<https://www.cambridgetrust.org/scholarships/>
- Isaac Newton Bursaries:
<http://www.newtontrust.cam.ac.uk/studsupport>
- Grants Register: this reference lists all public grants in the UK. Ask at the College library main desk.

3.2 GETTING AROUND

Cycling in Cambridge

Most graduates end up with a bicycle, as Cambridge is flat, cars are largely banned from the city centre, parking is a nightmare, and it is possible to get virtually everywhere conveniently by bicycle. For graduates working at Addenbrooks or the West Cambridge site, or those living in one of the more distant hostels, a cycle is all but essential. Though still far from ideal, the provision of cycle lanes in Cambridge is improving. Moreover, an increasing number of hostels have covered cycle sheds, either fully enclosed or fitted with racks to which cycles can be securely locked. If you're looking to escape the bustle of town, a number of well-maintained cycle paths put the beautiful Cambridgeshire countryside within easy reach. Cycling is an excellent way to get around and have some fun in Cambridge.

Buying a Cycle

Bikes and anything related to them are quite expensive in Cambridge. Although it is possible to buy a new bike for as little as £70 or a used one for less than £50, the quality of either will typically be low. Expect to pay £100 or more for a high-quality used bike, or upwards of £200 – £300 for a new one. Cheaper new bikes of good quality can be found, however, in stores further from the city centre (e.g., Mill Road). If you're willing to shop via classifieds or the Internet, prices can be much lower, although delivery and assembly may be something of a hassle. Some of the more reputable used bicycle vendors in town (see the 'Shopping Guide') offer a three or six months of free repairs, a definite advantage if you plan to do most of your riding in Cambridge.

For most students the best choice is probably a hybrid or a city bike (Dutch bike). Though heavier and less agile than a road bike, they are much more comfortable to ride, especially for commuting. Those interested in longer rides or touring might consider a road bike. Fixed gear bicycles are becoming more popular in Cambridge, but are too impractical and unsafe to be a good choice for most riders.

Wicker front baskets are a Cambridge tradition and a convenient way to carry small and light items on your bike. For heavier or larger loads a rear rack and pannier bags are far safer than a front basket, and far more comfortable than a backpack. Panniers make shopping trips far more manageable and enjoyable, even to the Tesco on Newmarket Road!

Some details on where to buy cycles and accessories, both close to College and online are provided in the 'Shopping Guide'.

Cycle Theft

Bicycle theft is one of Cambridge's biggest industries and, as mentioned above, the College insurance policy does not cover cycles. Nevertheless, there are some simple things you can do to protect your property. The first thing you should do after getting your bike is register it with the porters. This will allow you to store your bike in the secure bike shed in the Forecourt, and will help you recover it should it be stolen.

Always lock your bike: Secure the frame of your cycle to a solid object, such as a metal railing or cycle rack, with a well-made lock. (U-locks are a particularly good choice.) '**Free-locking**', locking the wheel to the frame without securing either to a solid object, is fine for a quick dash into Sainsbury's, but a bad idea for any longer period of time. While your bike can't be ridden away when free-locked, it can be carried away!

Many cycles these days have **quick-releases**: a small lever mechanism that allows the wheels, and often the saddle, to be removed without any tools. In Cambridge, these are an invitation to theft or vandalism. Replace them with a simple nut and bolt, available from any hardware store or Ben Hayward Cycles (see Shopping Guide). If you choose to keep your quick-releases, use an auxiliary lock to secure your wheels to the frame of the bike.

Cycling Safety and the Law

Cycling laws are much more rigorously enforced in Cambridge than in other parts of Britain. For your own safety and to avoid getting a ticket it's important to be acquainted with a few basic points:

- When riding after sunset or in inclement weather, your cycle must be **fitted with lights**: white in the front and red in the rear. (Those from more southerly latitudes should be aware that the sun sets before 4 PM here in winter.) A set of lights costs around £10 – £20. Being caught at night without them is a £50 fine.
- While it is perfectly legal to cycle without a helmet, it's a bad idea. As a graduate student, your brain is your most valuable asset. Why should your iPod have a protective case when your cranium doesn't? A helmet may cost upwards of £25, but it's certainly a good investment!
- Cycling on the pavement (sidewalk) is both illegal and discourteous. Cycle only in the road or in designated cycle lanes (these are marked in red).
- Cyclists must obey all traffic regulations, just the same as automobiles. This means stopping at marked pedestrian crossings and stoplights.
- Before turning, signal your intention to pedestrians and other vehicles by extending your arm in the direction you intend to turn.
- A bell is extremely useful in Cambridge. Use it to signal when coming around blind corners and to (politely) ask pedestrians to move out of your way if they're walking in the

road. Remember: when you're riding in the road you have the right of way just like an automobile.

- Look out for and obey signs marked 'Cyclists Dismount'. These typically indicate a dangerous confluence of pedestrians ahead, such as a bridge.

Driving in Britain

If you wish to drive in Britain, you must hold a valid driving licence. International students who are in the UK and intend to study for more than twelve months are obliged to obtain a UK licence by taking a driving test. However, licences issued in EU member states and a few other countries can be exchanged for a full UK licence without having to take the test. The vehicle you drive must be registered, insured, taxed and if it is over three years old it must have an MOT certificate. The application forms for tax and vehicle registration can be obtained from a post office. British drink driving laws are among the strictest in the world, and rigorously enforced. Unless you want to pay a large fine or spend some time in prison, do not do it.

3.3 CITY GUIDE

Student Discount Cards

A variety of discount cards offering special deals of different kinds are available to you as a student. The **NUS card** (National Union of Students card) will get you a variety of discounts at various stationers, eateries, coach companies, cinemas etc. **ISIC cards** may be purchased from STA Travel on Sidney Street or online.

Note that almost all shops, cinemas and restaurants will accept your blue **University card** as proof of student status.

The **Young Person's Railcard**, which costs around £30 and is annually renewable, entitles you to one-third off all rail travel in Britain and easily pays for itself in a few return trips to London. You can purchase online or in a station. If you are over 26 you may also be asked for a letter from Student Services confirming that you are a full-time student (the letter you obtained to get your bank account can be successfully substituted here). The **National Express Young Person's Coachcard** entitles you to one third off bus travel on National Express coach services and can be obtained at the National Express office in the Bus Station.

Opening Hours

On Sundays, shops in the centre of town can only be open for 6 hours – so Sainsbury's closes at 5 PM! Wednesday nights are 'late night shopping' nights, so shops tend to stay open later.

Food & Drink

- **Sainsbury's** (Sidney Street) is the most convenient supermarket but gets very busy around 1 PM and 5 – 7 PM during term. Open from 7:30 AM until 11:30 PM weekdays and Saturday; Sunday from 11 AM to **5 PM**. The (smaller) branch by Emmanuel College on St Andrew's Street is open daily 7 AM until 11 PM, even Sundays, should things get desperate.
- **Marks and Spencer** (Market Square) is slightly more pricey than Sainsbury's, selling its own brand products, but

the quality is good. A smaller, 'Simply Food' store is located in the train station and at the Beehive Centre found on Newmarket Road. Closes by 7 PM most days, though earlier Sunday and Monday.

- **Tesco** (Newmarket Road & Bar Hill) is much larger but you will need a car or a very sturdy rucksack and a spirit for adventure as it is not nearby (though a very pleasant walk through Jesus Green and Midsummer Common, then along the river, will also get you there). There is also a retail park across the road with several big shops (**ASDA** for groceries, **SportsWorld**, several DIY shops, **TK Maxx**, etc).
- **Waitrose** (the Grafton Centre and Trumpington Street) is further than Sainsbury's, but better quality (and higher prices...)
- **Revital** on Bridge Street and **Arjuna Wholefoods** on Mill Road are good, if often pricey, options for vegan/special diets. **Tesco** also has some staples.
- **The Market** (Market Square) has several fruit and vegetable stalls with a wide range of produce as well as non-food stalls. Prices and quality vary.
- **Aldi** (Histon Road) is a German discount chain, while currently closed for refurbishment is due to reopen in September. It's not too far away if you live on Mount Pleasant/Madingley. There isn't a great deal of choice but it is cheap, especially for fruit and veg. Right next door there is also an **Iceland** where you can pick up frozen food for low prices.
- **Mill Road** is where you'll find very well-stocked Chinese, Korean, South Asian, and Middle-Eastern supermarkets (amongst others), if you find you're missing food from home. **Al-Amin** supermarket is usually a good bet if you're missing

a specific ingredient (especially South Asian). There is also a Portuguese/Polish market on **Chesterton Road**.

Chemists (Pharmacy)

- **Boots** (Sidney Street) is a large chemist's that dispenses prescriptions and also sells small electrical appliances, e.g. hairdryers.
- **Superdrug** (Sidney Street) is slightly cheaper and closer and also dispenses prescriptions.

General

- **W.H. Smith** (Market Square) is a large newsagent chain with a good selection of papers, gifts, cards and stationery.
- **Ryman** (Sidney Street) is a smaller stationery shop with a different range and kindly offers a 10% student discount with their student loyalty card.
- **Staples** (Chesterton Road) good value and large selection for office supplies and simple computing needs.
- **John Lewis** (St. Andrew's Street/Grand Arcade) is a large upscale department store which sells just about everything you might want.
- **Lakeland** (Sidney Street) sells expensive upmarket cooking equipment, as does **Steamer Trading Cookshop** (Market Hill).
- **Argos** (Grafton Centre) is a catalogue store, which sells a vast range of products at cheap prices. A good default choice for houseware. A larger 'Extra' store is located off of Newmarket Road in the Cambridge Retail Park.

- **Maplin Electronics** (St Andrews Street) The default shop for computer components and electronics.

Bookshops

- **Heffers** (Trinity Street) was traditionally the main Cambridge bookstore, though it is now part of the Blackwell's chain. It sells books and stationery in several separate outlets. Great for academic books.
- **Waterstones** (Sidney Street) is also a good option with a good café inside.
- **Cambridge University Press Bookshop** (Trinity Street) sells every CUP book in print with 20% discount for Cambridge University students (take your blue UL card with you).
- **Oxfam Bookshop** (Sidney Street) has a great selection of second-hand books (the other Oxfam on Bridge Street has a somewhat smaller collection). There are also usually one or two stalls in Market Square which are just as good if not better for cheap second-hand books.
- **G David Bookseller** (St Edwards Passage) sells intriguing second-hand books that make great presents.
- **Mill Road** also has a number of charity bookshops, including an Amnesty International Bookshop.

Bicycles

There are over 35 bike shops in Cambridge! A few close to College include:

- **Primo Cycles** (5-7 Jesus Lane just past Patisserie Valerie) Has bicycles, parts, and does repairs. This is the closest cycle shop to College (especially Corfield Court) and has friendly, competent staff.
- **The Bikeman** (Cambridge Market Square, <http://www.thebikeman.co.uk/>) Cycle parts, repairs, and used cycles with a 6-month guarantee. Five minute walk from College.
- **Bridge Cycles** (22a Bridge Street, across from Magdalene College.) Quick and reasonably priced repairs and a small selection of used cycles. Three minute walk from College.
- **SportsDirect.com** (Lion Yard Shopping Centre, near Christ's College) Unbeatable prices on Karrimore cycling apparel, but don't buy a cycle here. About seven minutes from College.
- **Rutland Cycling** (Grand Arcade, Corn Exchange Street) popular store for purchasing bikes, parts, repairs and rentals. Seven minute walk from College.
- **Townsend's Light Blue Cycle Centre** (72 Chesterton Road, opposite the Cooperative) New cycles, parts and accessories. Carries a wide range of hand-made Pashley cycles, and an own-brand Cambridge alternative: 'The Light Blue.' It is on the pricey side, though. Fifteen to twenty minute walk from College.
- **University Cycles** (9 Victoria Avenue, near the College boathouse). A wide selection of traditional Dutch Bikes and excellent prices for accessories. Go here for a pump, a new saddle, a rear rack, or panniers. Ten minute walk from College.
- **Wiggle** (Online only: <http://www.wiggle.co.uk/>) Great prices on a wide range of cycle parts and accessories.

- Slightly further from College, there is **Lensfield Road Cycles** (Lensfield Road), and the **Bike Shed** and **Cam Cycles** (Mill Road) for parts and buying bikes.

3.4 GOING OUT GUIDE

Pubs

The United Kingdom is well known for its pubs. And apart from getting a 'pint', you can also get food at most pubs (there is no table service though, have to order at the bar). All pubs, clubs, restaurants and bars are non-smoking. Congregations of smokers can often be found outside all of the establishments listed below!

- **The Punter** (Northampton Street) is a gastro-pub close to the back of College by the squash courts and does very nice but unsurprisingly expensive food. Has a pretty outdoor area and separate barn for diners.
- **The Maypole** (Park Street) serves an excellent range of drinks and has a late licence on Friday and Saturday (you can buy drinks past 12 PM). It also specializes in cocktails including the Red Boy, in honour of the John's Rugby Team. The Gents of John's have their Christmas party thing here. The traditional Johnian option!
- **The Mitre** (Bridge Street) is directly opposite the side of College. In addition to a large selection of ales, the wine list is extensive and they offer good food (look out for their main course + drink offer at lunch/dinner).
- **The Baron of Beef** (Bridge Street) is next door to the Mitre and is more intimate.
- **The Pickerel Inn** (Magdalene Street) is a low-ceilinged traditional pub that can get very busy, but is definitely good for a winter's night. Good selection of real ales, including the favourite 'Old Peculier'. Fun fact: the building once housed a brothel!
- **The Castle** (Castle Hill) serves a great selection of beers from the Adnams brewery. Try their famous 'Castle Burger' – you won't be disappointed.
- **The Eagle** (Bene't Street) is a large central pub that is beautiful, but usually too choked with tourists to be useable. This is where Watson and Crick famously announced the discovery of the double helix.
- **The Bath House** (Bene't Street) is near the Eagle and has the longest row of beer pumps in Cambridge. Can get very crowded.
- **The Pint Shop** (Peas Hill – off the Market Square): sleek and London-y; a pub for people who don't like pubs. In addition to wine & beer, they have a menu of gins. The Sloe Gin & Ginger is excellent. Serve bar snacks and have a separate restaurant at the back.
- **The Anchor** (Silver Street) is a sprawling pub overlooking the river that serves good lunches and is an ideal pit stop on a punting trip.
- **The Mill** (Mill Lane) is a small pub by the river with good ales and serves food. Close to punt rental so can be busy.
- **The Free Press** (Prospect Row) a tiny locals' pub with a small back garden – great range of beers.
- **The Elm Tree** (Orchard Street) specialises in Belgian beers. Described as a "beardy-weirdy pub" but is nice.

- **The Brewhouse** (King Street) does in fact brew its own beer and serves food. Has a contrived sort of quirkiness (pots of herbs on the tables, mismatched china, lots of old books stacked in the windows).
- **The Cricketers** (Melbourne Place) is a laid back pub and serves Thai food.
- **The Fort St George** (Midsummer Common) is a great summertime pub where you can eat by the river away from the crowds.
- **The Granta** (Newnham Road) is another river pub where you can moor punts.
- **Cambridge Blue** (Gwydir Street) - excellent ales and food, usually quite busy. Has a nice garden at the rear.
- **Live and Let Live** (Mawson Road) has a selection of the finest English ales; very nice. Popular with Cambridge locals.
- **The Red Bull** (Barton Road) has a nice selection of ales and wines, and a beer garden out in the back. They are also known for their excellent homemade food, including a 2-for-1 deal on their stone oven baked pizzas Monday nights.
- **The Regal (Wetherspoons)** (Regent Street) is part of a national chain renowned for its cheap prices, but the Cambridge branch also includes a large-ish dancefloor. Best suited to large, drunken groups late in the evening. Open till 3 AM on Fridays and Saturdays. Though it acts like a club, there is no cover charge.
- **Champion of the Thames** (King Street) is a tiny pub full of locals. Best for a quiet drink with one or two friends.
- **St. Radegund Pub** (King Street) comes highly recommended as 'the smallest pub in Cambridge with the biggest atmosphere and the best real ale. A proper English Pub'.



Bars

- **Baroosh** (Market Passage) is a large lofty bar on several floors. Sells a range of food from salads to burgers to plates of antipasti. Good for cocktails and other 'non-pub' drinks.
- **ADC Bar** (Park Street), same entrance as the ADC Theatre, is very close to College and serves good-value drinks in a relaxed atmosphere. It often stays open late in term-time.
- **All Bar One** (Regent Street) is part of a national chain; large and trendy and particularly busy at the weekends.
- **La Raza** (Rose Crescent) is a café and lunch venue during the day, which becomes more of a bar in the evenings: open till 2, often with live jazz.
- **Brown's** (Trumpington Street) is a renowned Oxbridge venue that has a wide range of British food, and is great for long lunches. They also mix a delicious cocktail, and have

happy hour every Sunday – Thursday when some of their premium cocktails are around £6 after 4 PM.

- **Ta Bouche** (Market Passage) has a good selection of cocktails and wines and serves food during the day. Open late.
- **2648** (Trinity Street) serves super sugary drinks but has a decent Happy Hour with two cocktails for £9. The Long Island Ice Teas are not actually strong, but taste gross enough to trick you into thinking they are.
- **Hotel du Vin** (Trumpington Street) does actually good cocktails in a town virtually bereft of such a thing. Mad pricey though and way down past the Fitzwilliam Museum.
- **The River Bar** (inside the Varsity Hotel, St John's Road) also does decent drinks. There's a rooftop bar at the Hotel too, but it's only enjoyable about two weeks out of the year when the weather cooperates.
- **Hidden Rooms** (Jesus Lane) is a subterranean cocktail bar with the most extensive drinks list in Cambridge. Slightly expensive but definitely worth it if you're a cocktail fan.
- **Novi** (Regent Street) recently opened and serves decent food during the day and more of a bar later in the evenings with various cocktails and open until late.
- **Cambridge Wine Merchants** (Bridge Street) recently expanded their College-adjacent location to include a wine bar. Seems to attract mostly yuppies but the Wine Merchant is your best friend for when Sainsbury's closes at 5 PM on a Sunday and you need to buy some hooch.

Clubs

- **Cindies** (Petty Cury), hasn't actually been named Cindies for over a quarter of a century (the current name is Ballare), but the DJ (and everyone else in Cambridge) still calls it Cindies. It is the undergrad pickup spot and the most popular place in town on Tuesday/ Wednesday nights. Known for cheesy music and for only playing 45 seconds of each song.
- **Fez** (Market Passage) is set up with a Moroccan atmosphere. Open every night of the week, Monday and Wednesday are student nights, and Sundays are indie nights run by fellow students. Often bring in well-known DJs. [Finn Jones last year ;) – editor].
- **Revolution** (Downing Street) Buying their card for £4 gets you various deals throughout the week. Restaurant & bar on ground floor with three club floors and roof terrace.
- **Lola Lo** (Corn Exchange) is a faux-Tiki themed club with two dancefloors (one of which lights up) and a roof terrace. It hosts several student nights and is usually a fun place to end a night.
- **Life** (Sidney Street) is another club that goes by a name that it no longer actually has (its most recent iteration has it as 'Kuda'). It is an extensive underground club in the city centre, busy with students on Thursdays and Sundays. It has a fun atmosphere.

Restaurants

- **Aromi** (Bene't Street) while technically a café, as they don't serve dinner, is possibly the most popular place to eat in Cambridge. There's constantly a line out the door. Serve pizzas, panini, arancini, various Sicilian desserts, and coffee. Lives up to the hype but a miserable pain to wait in line for.
- **Hong Kong Fusion** (St. John's Street) Chinese take away directly opposite College, probably where you'll go when desperate.
- **Bridge Street** houses a lot of restaurants, most of which are chains (Cote, Café Rouge, Bella Italia, Byron, Wildwood, etc.):
- **Bella Italia** (Bridge Street) is a chain Italian restaurant. Recently opened in this location, food is alright.
- **Byron** (Bridge Street) purports to do "proper" burgers, which means they all cost like £11. The milkshakes are great.
- **Wildwood** (Bridge Street) does wood-fired pizzas.
- **Galleria** (Bridge Street) is worth a visit for the views over the river, but this privilege is reflected in the prices.
- **Pizza Express** (Jesus Lane) is the nicest branch of this chain in Cambridge (there's another on Regent Street) with an oak-panelled dining room. One of the best pizzas you'll get in the £8 – £11 range.
- **Bill's** (Green Street) has straightforward, very tasty food, plus a friendly atmosphere and colourful decoration. Excellent breakfast stop.
- **Rainbow Café** (in a "cosy" basement off King's Parade) is a great spot for vegetarian/vegan/gluten-free-food lovers but isn't cheap.
- **Cambridge Chop House** (King's Parade) and the **St John's Chophouse** (right out the back of College, by Cripps) are both relatively swank and thus one of the better options for when parents visit.
- **Efes** (King Street) is a Turkish restaurant with great mezze.
- **Clowns Café** (King Street) is an Italian joint with good coffee and cheap, tasty food.
- **d'Arry's Wine Shop** (King Street) is, despite its name, actually a restaurant and does very good contemporary British cuisine with a nice wine selection too. Main courses are between £13 and £21. Good place to impress a date, or your parents.
- **Twenty-Two** (Chesterton Road) serves extremely good food but pretty pricey. There is only a set menu, but it never disappoints! Reservations necessary.
- **Midsummer House** (Midsummer Common) is the only 2 Michelin star restaurant in East Anglia.
- **The Olive Grove** (Regent Street) serves Greek Cypriot food.
- **Al Casbah** (Mill Road) – Algerian & Mediterranean fare at a good price, though the service is not always up to snuff.
- **Cotto** (East Road) is one of Cambridge's fanciest restaurants (the top spot going to **Midsummer House**), with very expensive prices to match. Cheaper café downstairs.
- There are a number of **Indian Restaurants**, many of them on Castle Street (close to College). These include **The Maharajah** (good food, egregious service) and **Cocum** (good South Indian food; terrible service). The **Rice Boat**

on Queen's Road (past Darwin) has tasty South Indian food, though Cocum is perhaps slightly better. Also in the town centre is **India House** (Newnham Road). There is an equally large collection of Indian restaurants in the Mill Road Area, including, for instance, the **Curry Inn**.

- Cambridge also has a few **Thai Restaurants** with **Sala Thong** on Queen's Road, **The Wrestlers** pub on Newmarket Road and **Thaikhun** in Quayside.
- **Las Iguanas** (Quayside) is a chain serving pan-Latin American food in a cheerful atmosphere and has cocktail happy hours most days. **Mexican** food can be found at **Nana Mexico** (Regent Street; Lion Yard). (Take note: you will not find decent Mexican food in the UK). **Cau** (Bene't Street) is an Argentine steakhouse – good food and fancy layout.
- There are a number of East Asian Restaurants. **Teri-Aki** is popular for sushi and other Japanese culinary delights, and is very close to College (Quayside). **Sticks'n'sushi** (Wheeler Street), **itsu** (Sidney Street) and **Wasabi** (Petty Curry) are popular for sushi. **Charlie Chan** on Regent Street does good but egregiously expensive dim sum at lunchtime; the noodles-in-soup are often a let-down. Further down Regent Street (in a basement) is **Little Seoul**, a Korean restaurant, which is good but doesn't have banchan! **Bibimbap House** on Mill Road is better (excellent japchae; still no banchan) but further away and only serves the eponymous dish. If you're into Japanese noodles, then **Yipee** on King Street isn't bad (if a little heavy on the MSG). It's along the Wagamama model. **Wagamama** (St Andrew's Street) is a national chain restaurant providing tasty, if inauthentic pan-Asian food at reasonable prices (£12 for a main – free green tea). **Seven Days** (Regent

Street) is a Sichuan restaurant, though their Mapo tofu leaves rather a lot to be desired. It's one of your better options for Chinese though. **Zhonghua Traditional Snack** is a dumpling house by the Grafton Centre, also good, also thick-skinned. Their noodle dishes are supposed to be excellent.

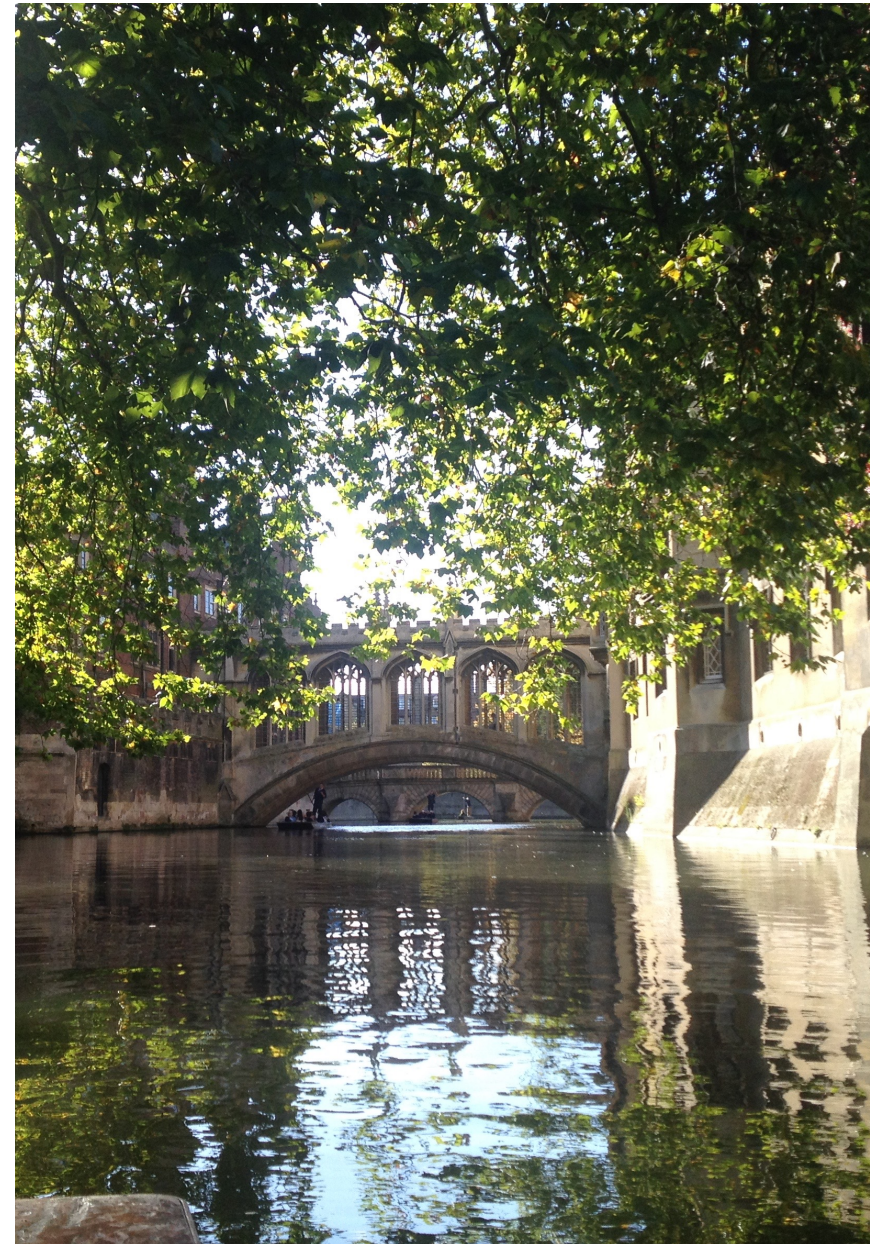
- **Fast Food** is not absent in Cambridge either. There is a **McDonald's** in Rose Crescent, a **Burger King** at the Grafton Centre and **Pizza Hut** on Regent Street. **Gardenia's** (Gardie's) in Rose Crescent is a favourite post binge-drinking spot to pick up Greek food and chips. The alternative to this is the **Trailer of Life** (aka, Mister Burger's Van, aka Van of Life), which is parked on the College side of Market Square. The van on the other side is the **Van of Death** (aka **Uncle Frank's**). Enough said.

Cafes and Coffee Shops

Though there are an impressive amount of libraries in which students can study, some of us like to escape the confines of the College. Cambridge has a variety of different cafes and coffee shops which welcome book-laden students looking for an endless supply of caffeine and a little corner in which to work.

- **Fitzbillies** (Trumpington Street and Bridge Street) has the most mouthwatering cakes if you need a serious pick-me-up during exam blues, but many students frequent the cafe for a few cups of coffee while they work on their dissertations. The restaurant side also serves lunch every day (pricey, but generally delicious).

- **Michaelhouse Cafe** (Trinity Lane) is located inside a church. The high ceilings and stained glass windows offer a beautiful view while you study. Their food is all homemade and check out their late lunch deals. (They also make an exceptional hot chocolate.)
- **Sticky Beaks** (Hobson Street) is a small cafe off the beaten track. The shop is bright and airy with fresh coffee and great lunches.
- **Afternoon Tease** (King Street) serves various cakes and coffee.
- **Harriet's** (Green Street) does afternoon tea and scones. Popular with tourists.
- **Espresso Library** (East Road) is a bit further out from the city centre, but the perfect escape on the weekends when the tourists have flooded Cambridge. They offer food hot drinks, and a relaxing space to catch up with a book or a friend.
- **Hot Numbers** (Trumpington Street, Mill Road) popular coffee shop, nice place to sit down with food or coffee and do some work.
- **CB2** (Norfolk Street) is right behind the Grafton Centre and another good escape from the crowded city centre. The cafe is spacious and welcoming with delicious hot panini sandwiches.
- Cambridge is also home to a various of chain coffee shops including **Caffe Nero** (King's Parade, Market Street), **Costa Coffee** (Market Hill), and **Starbucks** (Market Street). All of these coffee shops offer small breakfasts, lunches and desserts.



PART 4: CHECKLISTS

4.1 THINGS TO BRING TO CAMBRIDGE

- ❑ Bring an **umbrella** – a good one (or two). If it rains, it can often get quite windy as well, so if you bike a lot then a **waterproof jacket** and **waterproof trousers** might be a good idea.
- ❑ **Comfortable shoes!** Walking is par for the course in Cambridge and you will do a fair amount of it, especially at first.
- ❑ **Black/dress shoes** are a necessity for formal events. For formal halls (in St John's or at other Colleges), you should try to bring at least one **dressy evening outfit**. Lounge suit or cocktail dress.
- ❑ A **winter coat**, pair of **gloves, scarf and hat**, as it can get quite cold during the winter, especially when you're walking or riding your bike everywhere.
- ❑ **Eyeglasses**, we are told, are expensive in the UK so you might like to purchase them before arriving in Cambridge. The cheapest we can find (frame plus glasses) start at £25 from Specsavers.
- ❑ For those wishing to travel to Europe, a large **backpack** will come in handy for weekend jaunts.
- ❑ Bring your **College/University/Trust papers** proving you have been admitted, Cambridge accommodation papers, and your **Passport**, and, for whom it applies, your **VISA** in your carry-on luggage because they will be demanded in part or full by customs at the airport before you are able to collect your checked baggage. These will also be helpful when applying for a bank account.
- ❑ Make several sets of **colour copies** of your passport, visa, credit cards, and other important documents. Leave one set with a family member, keep another in a safe place in your room in Cambridge, and put another in a discreet compartment of your luggage. If any of these things are lost or stolen, these will be a lifesaver.
- ❑ **Passport photos** for various ID cards, although these increasingly use digital photos. There are plenty of shops around town that have photo booths to take care of this if you need more.
- ❑ Various **electronic items** – e.g. iPod, laptop, mobile phone (make sure it works in the UK if you're coming from outside Europe!), computer accessories. All of these things are quite expensive in the UK so maybe best to bring them from home. Also consider bringing a **power adaptor** for British plugs, but no problem if you don't have space – they can be bought here for between £3 – 4. You also may need a **transformer** because an adaptor merely enables you to plug in, while the transformer changes the voltage to what you need; you may fry your device otherwise.
- ❑ Some students may want to consider bringing a **rice cooker** as these are difficult to obtain in the UK and quite expensive. (If you're lucky, you might also be able to pick one up second-hand online).
- ❑ If you're attached to particular brands of **over-the-counter (or prescription) medication**, bring them with you as the brands and formulas may be different in the UK. For example, Tylenol is not available, though its generic equivalent, paracetamol, is. You may also want to bring a copy of important medical records in case of illness.
- ❑ **Clothing:** best to bring from home, as most clothing is expensive in the UK. What kind of weather to expect?

- *Autumn*: varies between being rainy and overcast, and beautiful blue-sky days. 13 – 18°C / 55 – 64°F. Can get quite chilly at night.
- *Winter*: similar to autumn but colder with occasional snow flurries. Temperatures range anywhere from freezing to 10°C/50°F. Lasts from end of November to late February.
- *Spring*: rain interspersed with sunshine. 13 – 15°C/ 55 – 59°F. Can still be quite chilly. Be prepared for deceptive heat waves followed by cold rainy periods.
- *Summer*: sunny, breezy – Cambridge can be fantastic in Easter Term. Temperatures hover around 20°C/68°F. There may still be cloudy days and warmer rain/thunderstorms though.



4.2 THINGS TO DO WHEN YOU GET HERE

- ❑ Not that you need to be told this, but finding your **room** (and the keys for it) is a sure-fire recipe for success in the first few hours. Go to the main Porters' Lodge, and they will direct you to the Reception Centre.
- ❑ Get your **University card** at the Reception Centre when you arrive. If you're not arriving on Friday 30th September, go to Student Services in F Staircase Chapel Court – next to the library.
- ❑ Find your **pigeonhole** and fight through all the junk to get to the important stuff (from the SBR committee, your tutor etc.) The mailroom is next to the Porter's lodge past the Main/Front Gate.
- ❑ Reply to your **invitation** to the Dinner for New Graduates on Friday 7th October (or there won't be a seat for you!)
- ❑ Get hold of a **gown** before the matriculation photo on Sunday 2nd October. Buy sooner rather than later: ex-rental gowns are much cheaper than new gowns. Try Ryder & Amies or Ede & Ravenscroft. The Graduate Union also sells a limited number of cheaper used gowns. (Emergency? Borrow your buddy's gown or one of the spares in the SBR)
- ❑ Attend the induction and matriculation photo on Sunday 2nd October.
- ❑ Meet your College **tutor**. Information for this should be in your pigeonhole.
- ❑ Go and see **the College Nurse** who will arrange for you to be registered with a doctor while you're here. Although not

absolutely necessary, you may also want to consider registering with a **dentist**, especially if you want to get involved in contact sports (University Dental Service: 3 Trumpington Street, 01223 332 860). For non-Europeans, remember: as soon as you set foot outside England, you are no longer covered by the NHS. So be sure to purchase travel insurance before taking that weekend trip to Paris. (You may be eligible for an exemption from NHS co-payments and charges through the Low Income Scheme – pick up a form from your Doctor’s surgery to investigate.)

- ❑ Any **payment of bills or picking up of grant cheques** can be done at the Student Services office, Chapel Court, next to the library, open Monday – Friday 8:30 AM – 6 PM.
- ❑ Go and see Rev Carol Barrett Ford, the **College Chaplain**. The Chaplain would like to see everyone individually for five minutes at the start of term, welcome you to St John’s and let you know she’s available in case of need.
- ❑ Set up a **bank account**. You are going to need a letter from Student Services (online or in person) stating that you live here and are a student. Make sure the name on your letter is exactly the same as the name on your passport. **Lloyd’s, HSBC, NatWest, RBS, Santander, TSB** and **Barclays** are popular. When choosing a bank, you should make sure that it offers free checking with no minimum balance, a chequebook, and an ATM/debit card. You should choose a bank quickly because it may take several days to get a letter from College and then another week before you have access to your money. It is also a good idea to drop by your chosen bank and set up an appointment, as they are often inundated with new students and it may take a few days, or

even weeks, to get an appointment to set up an account. If you have an account in another country, you can use your ATM card for withdrawals in pounds. There are usually no fees at a bank ATM/ cashpoint – but some do charge (usually in pubs or clubs – they will clearly say so). The exchange rate your bank gives you on cash withdrawals is usually pretty good (better than using a credit card or going to a currency exchange) but it isn’t quite up to the market rate.

- ❑ For those from outside the EU and Commonwealth, especially if you are from a country with a history of terrorism, you may need to acquire a certificate of residence by **registering with the police**. See: <http://www.societies.cam.ac.uk/cgs/isw/life.html#Section04> for details of the countries to which this rule applies.
- ❑ Get your **Internet** connection set up. As mentioned earlier, you will most likely need a network cable to connect, and a username and password which will either be in your welcome pack or available from the Computer Support helpdesk (if in doubt, try the latter: it is located in the passageway between forecourt car park and Bridge Street). IT will also be at the Reception Centre to help and answer any questions.
- ❑ You will also need to set up your **Hermes e-mail account** (University e-mail service). You should receive necessary instructions and/or passwords when you arrive (probably in your pigeonhole or welcome pack). However, you should be able to determine what your Hermes e-mail account (e.g. abc123@cam.ac.uk) will be beforehand; have a look at the following for details <http://www.ucs.cam.ac.uk/linkpages/newcomers>.

- ❑ Get a **mobile phone**. If you're going to be here for more than one year, it's worth getting a contract if you actually use your phone for making calls. If you use it mainly for texting or simply receiving calls, pay-as-you-go is good enough. To set up a contract, you'll need a bank account. Vodafone, Virgin, EE, and Three all have stores in Cambridge where you can set up a contract. Phones4You and Carphone Warehouse offer very discounted contracts across the major providers – they're worth looking into. One occasional problem with contracts is that you need an address to get one, and the College address may have a bad credit rating (!) because of all the students that don't pay their bills and then disappear off. You could get around this by giving the name of your College hostel but you'll need the postcode and proof of address for the hostel itself. Pay-as-you-go doesn't have these problems because you simply pre-pay for a certain amount of phone usage, and have to top-up when you have gone through it. Giffgaff, Tesco, Lebara and a few other companies provide cheap pay-as-you-go options. Service quality can be variable.
- ❑ Get a **Young Person's Railcard** from the train station. They cost around £30 and net you a 1/3 off ticket prices (so the cost can sometimes be paid back in a single trip). If you are under 25 years old, you can order them online (<http://www.16-25railcard.co.uk>). If you are over 26 you can still get one but will need Student Services to fill out a form verifying that you are a student.
- ❑ If you'll be taking the National Express buses to the airport more than twice in a year, get a **National Express Young Person's Coachcard**. You can buy this from the coach station next to Parker's Piece, or the Just Travel shop on

Rose Crescent (which is closer to College), or online at: <http://www.nationalexpress.com/offers/coachcards/young-persons-coachcard.aspx>

- ❑ **CUSU Societies Fair** (at Kelsey Kerridge Sports Hall, Queen Anne Terrace, Cambridge CB1 1NA): Held Tuesday 4th and Wednesday 5th October, this may be the most important thing you attend this year. It gives you a very real chance to see what all the extra-curricular groups are all about and gets you on the mailing lists. Tip: it gets hot and crowded inside. Check out <http://www.cusu.cam.ac.uk/> for further information. College societies will be present at a similar, **St John's societies fair** 4 – 6 PM on Wednesday 5th.
- ❑ Meet your **supervisor** – Most departments will also have some sort of introductory meeting.
- ❑ If you have a car, register it with the **motor proctor** (email dbursar@joh.cam.ac.uk). Get your **bike registered** by the porters under the Bike Registration Scheme (available at the Reception Centre or the Cripps Porters Lodge).
- ❑ Go **shopping**. You'll quickly get an idea of what you've forgotten to bring (or what you weren't told to bring – apologies in advance!)

There are loads of things you'll want to do in your first week, but you may struggle to find the time. However, what we've listed above are some of the more important tasks (if you don't know where any of these places are, ask a porter or student).

And finally – remember the SBR is here to help you enjoy Cambridge!

COLLEGE CONTACTS

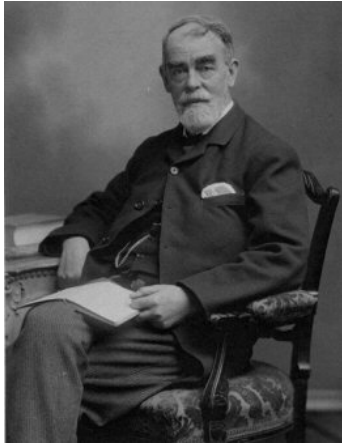
From outside Cambridge dial **01223** followed by the full number shown. Outside College dial the full number, including that in the brackets. More phone numbers and email addresses are listed in the Student Handbook and on the College website. Note that these numbers do change periodically so double-check with the College website before you phone.

The Samuel Butler Room	(3)38740
St John's College	(3)38600
College Fax	(3)37720
Student Fax	(3)38744
Forecourt Porters' Lodge	(3)38671
Great Gate Porters' Lodge	(3)38606
Cripps Porters' Lodge	(3)38729
porter@joh.cam.ac.uk	
Senior Tutor	(3)38658
senior.tutor@joh.cam.ac.uk	
Student Services	(7)46959
studentservices@joh.cam.ac.uk	
Graduate Office	(3)38612
graduate-office@joh.cam.ac.uk	
Accounts	(3)38630
finance@joh.cam.ac.uk	
Accommodation & Bookings Manager	(3)38717
accommodation@joh.cam.ac.uk	
Domestic Bursar	(3)38688
dbursar@joh.cam.ac.uk	
Catering	(3)38616
catering@joh.cam.ac.uk	

The Chaplain	(3)38617
cb924@cam.ac.uk	
Chapel Clerk	(3)38676
chapel@joh.cam.ac.uk	
College Office (General Enquiries)	
reception@joh.cam.ac.uk	
Computer Systems Manager	(3)38751
computer-support@joh.cam.ac.uk	
College Nurse (unavailable during the summer)	(3)38664
nurse@joh.cam.ac.uk	
College Counsellor (part-time)	(7)67777
Superintendent of Housekeeping	(3)38702
housekeeping@joh.cam.ac.uk	
Playing Fields	(3)57362
groundsman@joh.cam.ac.uk	
College Library (Librarian)	(3)38661
College Library (Enquiries/Academic Services)	(3)38669
library@joh.cam.ac.uk	
Maintenance Department	(3)38705
maintenance@joh.cam.ac.uk	
The University of Cambridge	
Cambridge University Switchboard	(3)37733
Cambridge University Library	(3)33000
University Accommodation Service	(3)38099
Student Registry	(7)66302
Emergency Services	999 / From a hostel phone: 1-999
Police Station	01223 358966 (Bikes 101)
Addenbrooke's Hospital	01223 245151
Bridge Street Medical Centre (GPs)	01223 652671

ABOUT SAMUEL BUTLER

From Graham Chainey's A Literary History of Cambridge, CUP: 1995 and Julia Powles



Samuel Butler (1835 – 1902), satirical author of *Erewhon* and *The Way of All Flesh*, grandson of the Butler who defeated Coleridge for the (Cambridge) Craven award of study of ancient civilizations, came up to St John's from Shrewsbury School in 1854. At Cambridge he pursued his interest in art and music, coxed the College boat (a mishap with the steering rope nearly cost Lady Margaret the Headship of the River) and joined the 'Upware Republic' – an undergraduate allegiance of the 1850s which met at the lonely fenland inn known as the 'Five Miles from Anywhere: no Hurry' for shooting, fishing and drinking.

Butler's first appearance in print was an article contributed in 1858 to the very first number of the College magazine, *The Eagle* (itself the first College magazine at either Oxford or Cambridge). To the fifth number he contributed an account of an economical Continental tour he had made, signed 'Cellarius', and concluding with his pleasure to be back at 'dear old St John's' where, looking out on the Backs from his College window (his rooms were on D Staircase in New Court), he commented: 'for a continuance, I would rather have this than any scene I have visited during the whole of our most enjoyed tour'. After taking his degree in 1859,

however, Butler resisted the twin temptations of ordination (which his family expected) and a 'continuance' at St John's (his trip results promised a fellowship) and disappeared to New Zealand for five years to take up sheep-farming.

Butler proved himself handy with the sheep, returning to England at age 30 with his capital doubled. He then pursued art studies in London, taking rooms at Clifford Inn that he kept for the rest of his life. He was a curious character: somewhat insular but charismatic and fascinated by people; forward-thinking, but also out of step with his time. His body of work earns him the title polymath.

At 37 Butler published the satirical novel *Erewhon*. Some sci-fi elements on the future of machines led to four slightly more academic books on evolution, championing the (then and now denounced) role of memory. He was an outspoken critic of Charles Darwin. He also wrote *Alps and Sanctuaries*, a travel guide to the mountain ranges of Ticino, Piedmont and Lombardy to which he returned every year. From this stemmed a work of art history, *Ex Voto*, based in Varallo. He wrote on religion, in a way that has been cast as distinctly anti-Victorian, with *The Fair Haven* and his posthumously published and most successful work, *The Way of All Flesh*. Returning to his classical training later in life, he learned the *Iliad* and *Odyssey* by heart and produced widely-read translations, leading to *The Authoress of the Odyssey*, a controversial work postulating that a Sicilian woman, rather than Homer, wrote this great epic. His final publication during his lifetime was *Erewhon Revisited*. Butler's *Notebooks*, which he painstakingly edited and re-ordered, offer charming reflections and sharp opinions from a man who was, through and through, a contrarian. Finally, Butler cannot be understood without knowing his utter veneration of GF Handel as the greatest musician that ever lived.